

TOP TRENDS FOR UNDER \$100

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marie claire

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makes the skin look better, but the FDA is now investigating whether repeated peeling makes you more susceptible to deeper damage." He also cautions that certain active ingredients can negate a sunscreen's efficacy, making you more vulnerable. "If you put on benzoyl peroxide with sunscreen, it will inactivate the protection. Glycolic acids with sunscreens could have bad effects, too. We can't explain why we're seeing so many skin cancers now. Sometimes doctors blame it on lifestyle or ozone depletion, but it could be because of the products we've recommended for the past 20 years."

VITAMIN D-DAY

If it seemed like everyone suddenly became vitamin D deficient overnight, that's because new research linking its low levels to everything from heart disease to depression has forced physicians to re-evaluate daily requirements. Turns out, vitamin D isn't actually a vitamin but a hormone the skin produces when exposed to sunlight.

"Having low vitamin D is like not having enough insulin or thyroid hormone. It's a disease state," explains Los Angeles endocrinologist Dr. Sarfraz



MC RECOMMENDS: L'Oréal Paris Sublime Bronze ProPerfect Salon Airbrush Self-Tanning Mist, \$10.49. MAC To the Beach Bronze Body Oil, \$22. Elemis Total Glow Self Tanning Cream, \$28. Jergens Natural Glow Daily Revitalizing Moisturizer, \$8.99. Lancôme Flash Bronzer Anti-Age, \$36. Smashbox Halo Hydrating Perfecting Bronzer, \$39. Clarins Delectable Self Tanning Mousse, \$42.

Zaidi, author of *Power of Vitamin D*. In the past decade, we've discovered that vitamin D does more than just help with calcium absorption and healthy bone maintenance; it helps with the natural turnover of cells. D deficiencies slow down cell death, so damaged cells linger and can mutate into tumors and cancer, Zaidi adds.

The old daily requirement of 600 international units (to prevent osteoporosis and rickets) is not enough to protect you from this deficiency, but don't start sun-worshipping just yet. A new recommended dosage has not been established because, like thyroid hormone or insulin, vitamin D is not a one-size-fits-all pill. "There has been a lot of research from Boston University professor Dr. Michael Holick about the importance of UV exposure for vitamin D, but he's funded by the tanning industry," says Chapas.

Aside from Holick and his followers, most doctors don't think the risk of skin cancer is worth the extra sun exposure (sunblock blocks vitamin D as well). Instead, Zaidi suggests supplementing with vitamin D3 pills. Ask your doctor for a 25 Hydroxy vitamin D test to find out if you're deficient. **mc**

